

IN THE CLAIMS

Please amend the claims as follows:

Claim 1 (Currently Amended): A warming article ~~having~~ comprising:

a heat generating main body ~~comprising~~ including,

a heat generating element ~~having~~ configured to generate water vapor,  
~~generating capability~~ and

an air permeable holder ~~for holding~~ configured to hold the heat generating  
element, and including an air impermeable layer and an air permeable layer; and  
a receiving part configured to receive a part of a body;

the heat generating main body being expandable by water vapor generated with heat  
generation of the heat generating element, the air permeable layer and the air impermeable  
layer provided on opposite sides of the heat generating element, and the receiving part  
provided on the side of the air permeable layer.

Claim 2 (Original): The warming article according to claim 1, generating 1.0 to 100  
mg/(cm<sup>2</sup>·10 min) of water vapor.

Claim 3 (Original): The warming article according to claim 1, wherein the holder has  
a water vapor permeability of 1.5 to 10 kg/(m<sup>2</sup>·24 hr).

Claim 4 (Original): The warming article according to claim 1, wherein the heat  
generating element comprises a molded sheet prepared by papermaking and containing an  
oxidizable metal, a moisture-retaining agent, a fibrous material, and water.

Claim 5 (Previously Presented): The warming article according to claim 4, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material, and the fibrous material has a CSF of 600 ml or less.

Claim 6 (Cancelled):

Claim 7 (Currently Amended): A warming article ~~having~~ comprising:  
a heat generating main body ~~comprising~~ including,  
a heat generating element ~~having~~ configured to generate water vapor,  
~~generating capability~~ and  
an air permeable holder ~~for holding~~ configured to hold the heat generating element,  
and including an air impermeable layer and an air permeable layer; and  
a receiving part configured to receive a part of a body;  
the heat generating element of the heat generating main body generating 1.0 to 100  
mg/(cm<sup>2</sup>·10 min) of water vapor, the air permeable layer and the air impermeable layer  
provided on opposite sides of the heat generating element, and the receiving part provided on  
the side of the air permeable layer.

Claim 8 (Original): The warming article according to claim 7, wherein the holder has an air permeability of 10000 sec/ 100 ml or less.

Claim 9 (Original): The warming article according to claim 7, wherein the heat generating element comprises a molded sheet prepared by papermaking and containing an oxidizable metal, a moisture-retaining agent, a fibrous material, and water.

Claim 10 (Previously Presented): The warming article according to claim 9, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material, and the fibrous material has a CSF of 600 ml or less.

Claim 11 (Cancelled):

Claim 12 (Currently Amended): A heat generating, shaped article prepared by three-dimensionally shaping a molded sheet, the molded sheet comprising:

an oxidizable metal,

a moisture-retaining agent, and

a fibrous material and

having a maximum stress of 0.3 to 5 MPa and a breaking elongation of 2.0 to 10%,  
the molded sheet configured to be disposed between an air permeable sheet and an air impermeable sheet and to be three-dimensionally shaped together with the air permeable sheet and the air impermeable sheet.

Claim 13 (Original): The heat generating, shaped article according to claim 12, wherein the molded sheet has, in its dried state, a maximum stress of 0.5 to 15 MPa and a breaking elongation of 0.8 to 5%.

Claim 14 (Original): The heat generating, shaped article according to claim 12, wherein the molded sheet is a sheet molded by papermaking.

Claim 15 (Original): The heat generating, shaped article according to claim 12, wherein the molded sheet contains at least 50% by weight of components other than the fibrous material while dry.

Claim 16 (Original): The heat generating, shaped article according to claim 12, wherein the fibrous material has a CSF of 600 ml or less.

Claim 17 (Cancelled):

Claim 18 (Original): A method of producing a warming article comprising the heat generating, shaped article according to claim 12, characterized in that an electrolyte is incorporated into the heat generating shaped article.